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THRIFTY MEALS WITH CANNED VEGETABLES



Canning is a method of sterilizing foods by heat and preserving them in airtight containers. The heat processing destroys spoilage bacteria and enzymes naturally present in food.

Canada was the first country to have special legislation for canned foods. Standards were established in 1902 and provision for grades was made in 1918. A shortage of steel during World War II prompted the standardization of can sizes, a move that has proved beneficial to both processors and consumers. In January 1967, labeling regulations were changed to provide a more accurate statement of the actual contents in cans; for example, cans formerly marked 20 fluid ounces are now labeled "19 fluid ounces."

Always Read the Label

The label on a can of vegetables is your guide to the contents. It gives the name of the product, the brand name of the processing company or store chain, the name and address of the packer and the following information:

GRADE — The grade name is an indication of quality.

Canada Fancy: Highest quality vegetables — sound, clean, unblemished, of good color and uniform in size — packed at perfect maturity.

Canada Choice: Good quality vegetables, which are sound, clean and unblemished but may vary slightly in size, color and maturity.

Canada Standard: Good quality vegetables, with fairly good flavor and reasonably good color and uniformity.

SIZE — The size given in fluid ounces on the label indicates the total volume of vegetables and liquid in the can. The most common sizes are 10, 14, 19, 28, 48 and 100 fluid ounces.

STYLE — The size, shape or style of vegetable is clearly marked, for example, *whole beets* or *french-cut beans*.

ADDITIVES — Seasonings, coloring, preservatives and other additives must also be mentioned on the label.

Storage

Store canned vegetables in a cool dry place where the temperature remains fairly constant. They may be kept indefinitely as long as there is no sign of leakage or bulging, which indicates that spoilage has taken place. The contents of dented

cans are not usually affected, unless the dents are severe enough to cause leakage.

Canned vegetables that have been frozen are safe to use, although freezing may change the texture somewhat.

How to Serve Canned Vegetables

One way of preserving the natural flavor of canned vegetables is to heat them this way: pour off the vegetable liquid into a saucepan and boil it quickly to reduce volume by half. Add the vegetables, heat and season with salt and pepper.

If the liquid in a can of vegetables is not to be used (for example, in a casserole) save it and add to soups, sauces or gravies as it has valuable nutrients as well as flavor.

BEANS — Make a white sauce, add green or wax beans, sprinkle with grated cheese and brown in the oven.

— Brown a few bread crumbs until golden and crisp. Add a can of drained green beans and a tablespoon of vinegar, and season with minced onion, salt and pepper. Heat, and sprinkle with grated cheese.

BEETS — Heat beets and top with hot mayonnaise or horseradish.

— Combine sour cream with a little lemon juice or vinegar and add to beets just before serving.

CORN — Creole style: Combine two 12-ounce cans whole kernel corn and one 19-ounce can tomatoes (drained). Season with sautéed onion and green pepper, and a little sugar, salt, cayenne and pepper.

— Add one of the following to canned kernel corn: chili powder, garlic salt, prepared mustard or celery seed.

— Season cream style corn with sautéed onion and celery, salt and pepper and sprinkle crisp bacon on top.

PEAS — With pot roast: after browning pot roast, mix liquid from a can of green peas with catsup and pour over meat. Cover pan tightly and continue cooking. The liquid will make a richly flavored gravy. Add canned peas a few minutes before serving.

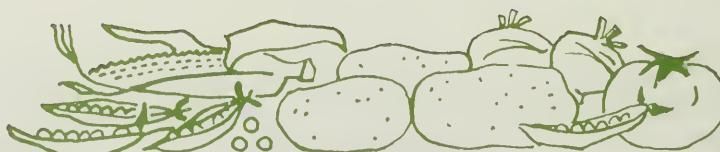
— Combine peas and carrots with diced ham in a cream sauce and serve on toast points or patty shells.

POTATOES — Combine melted butter, with a little chopped onion, paprika and grated cheese and pour over heated potatoes.

— Add drained canned potatoes to bacon fat, season with salt, pepper and paprika and fry until golden brown. Sprinkle with parsley and crumbled bacon.

TOMATOES — Add $\frac{1}{2}$ teaspoon dry mustard, 1 teaspoon minced onion, 1 teaspoon sugar and $\frac{3}{4}$ teaspoon salt to a 28-ounce can tomatoes. Simmer 5 minutes in a saucepan.

— Use canned tomatoes in place of water to baste pot roasts or braise steaks.





SOUPS

BORSCH

$\frac{1}{2}$ cup chopped onion	1 bay leaf
1 cup diced celery	$\frac{1}{4}$ teaspoon marjoram
1 clove garlic, crushed	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup shredded carrots	2 teaspoons sugar
1 19-ounce can tomato juice	2 tablespoons vinegar
4 cups liquid (beef stock or bouillon and juice from beets)	1 19-ounce can whole beets
	$\frac{1}{2}$ pint sour cream

Sauté onion, celery and garlic in butter 5 minutes. Add carrots, tomato juice, beef and beet liquid, herbs, seasonings and vinegar; cover and simmer 30 minutes. Shred beets fine, add to soup and heat to boiling point. Top each portion with a large spoonful of sour cream. 8 servings.

CORN CHOWDER

5 strips bacon, cut in $\frac{1}{2}$ -inch pieces	1 tablespoon flour
$\frac{1}{2}$ cup chopped onion	2 $\frac{1}{2}$ cups milk
1 $\frac{1}{2}$ cups diced raw potatoes	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup boiling water	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	1 19-ounce can cream style corn

Fry bacon until crisp; remove and drain. Add onion to drippings and cook until transparent but not brown (about 5 minutes). Stir in potatoes, water and $\frac{1}{2}$ teaspoon salt; cover and cook until tender (about 10 minutes). Blend flour with a little cold milk to make a smooth paste; add to potatoes and stir until thickened (3 to 5 minutes). Stir in remaining milk, salt, pepper and corn and heat thoroughly. Sprinkle bacon pieces on top. 6 servings.





MAIN DISHES

SPANISH CHICKEN

1 frying chicken (3 pounds)	1 teaspoon salt
$\frac{1}{4}$ cup seasoned flour	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ cup cooking oil	1 teaspoon sugar
$\frac{1}{2}$ cup chopped onion	2 tablespoons flour
$\frac{1}{2}$ cup diced celery	$\frac{1}{2}$ cup tomato juice
$\frac{1}{2}$ cup diced carrot	$\frac{1}{4}$ cup sliced stuffed olives
1 clove garlic, crushed	1 cup sliced mushrooms, sautéed
1 19-ounce can tomatoes	in 2 tablespoons butter (optional)

Cut chicken in serving-sized pieces and dip in seasoned flour ($\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika and $\frac{1}{8}$ teaspoon pepper). Brown in hot oil (15 to 20 minutes); drain on absorbent paper. Pour excess fat from pan, then sauté onion, celery, carrots and garlic until onion is transparent (about 5 minutes). Return chicken to pan; add tomatoes, salt, pepper and sugar. Cover and simmer until chicken is tender (30 to 40 minutes). Arrange chicken on hot serving dish. Blend flour and tomato juice, add to drippings and cook until thickened, stirring constantly. Add olive slices to sauce and pour over chicken. Garnish with sautéed mushrooms, if desired. 6 servings.

QUICK EGGS À LA KING

$\frac{1}{4}$ cup chopped onion	dash pepper
1 tablespoon butter	1 10-ounce can peas, drained
1 10-ounce can condensed mushroom soup	6 hard-cooked eggs, cut in eighths
$\frac{1}{3}$ cup milk	2 tablespoons chopped pimiento (optional)

Sauté onion in butter until transparent (about 5 minutes). Add soup and milk, stirring until smooth. Add peas, eggs and pimiento. Heat thoroughly and serve on toast. 4 servings.



SPAGHETTI AND MEAT SAUCE

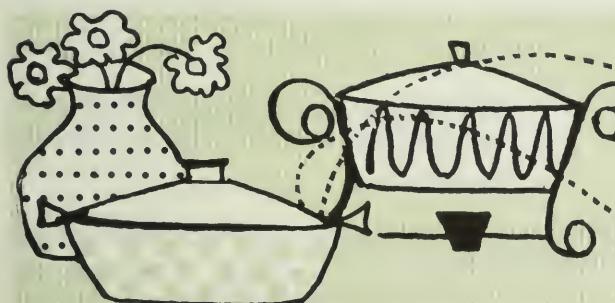
1 pound minced beef	1 5 1/2-ounce can tomato paste
2 tablespoons fat	3/4 teaspoon salt
1/3 cup chopped celery	1/4 teaspoon ground cloves
3/4 cup finely chopped onion	1/4 teaspoon nutmeg
1 tablespoon chopped parsley	1/8 teaspoon sage
1 clove garlic, finely chopped	1 bay leaf
1/2 cup chopped green pepper (optional)	2 tablespoons chopped olives (optional)
1 cup water	1/2 pound spaghetti
1 19-ounce can tomato juice	3/4 cup grated cheese

Brown beef in fat (about 10 minutes). Add remaining ingredients, except spaghetti and cheese. Simmer uncovered over low heat 1 1/2 hours, stirring occasionally. Remove bay leaf. Cook spaghetti in boiling salted water. Spoon sauce over individual servings of spaghetti and sprinkle with grated cheese. 4 to 5 servings.

FRYPAN CASSEROLE

1 cup chopped onion	1/4 teaspoon basil
2 tablespoons fat	1 teaspoon Worcestershire sauce
1 28-ounce can tomatoes	1 cup macaroni shells
1 10-ounce can mushrooms	1 12-ounce can luncheon meat, cut in julienne strips
1 1/2 teaspoons salt	2 tablespoons chopped parsley
1/8 teaspoon pepper	

Sauté onion in fat until transparent (about 5 minutes). Add tomatoes, liquid from mushrooms and seasonings, and bring to boil. Add macaroni, cover and simmer until tender (10 to 15 minutes). Stir in meat and mushrooms, cover and reheat. Sprinkle parsley on top. 6 servings.



CASSEROLE SUPPERS

BEEF AND MACARONI CASSEROLE

1/2 cup chopped onion	1/2 teaspoon oregano
1/2 cup diced celery	1 teaspoon salt
1 tablespoon fat	1/8 teaspoon pepper
1 pound minced beef	2 teaspoons Worcestershire sauce
2 tablespoons flour	8 ounces macaroni, cooked and drained
1 28-ounce can tomatoes	1/4 cup cracker crumbs or crushed potato chips

Sauté onion and celery in fat about 5 minutes. Add meat and brown. Stir in flour, then tomatoes, seasonings and Worcestershire sauce; bring to boil. Combine with

cooked macaroni and turn into greased casserole. Top with crumbs and bake at 350°F until bubbling (35 to 40 minutes). 4 to 6 servings.

SUGGESTED ACCOMPANIMENT: winter salad (page 10). DESSERT: gingerbread with canned pears.

CHICKEN RICE CASSEROLE

1 frying chicken (3 pounds)	1 clove garlic, crushed
Salt and pepper	1 28-ounce can tomatoes
3 tablespoons cooking oil	1 teaspoon turmeric
1 cup chopped onion	1 teaspoon salt
½ cup diced celery	¼ teaspoon pepper
½ cup diced green pepper (optional)	1 cup uncooked rice

Cut chicken in serving-sized pieces and sprinkle with salt and pepper. Brown in hot oil (15 to 20 minutes); drain on absorbent paper. Sauté onion, celery, green pepper and garlic about 5 minutes. Add remaining ingredients. Pour into greased casserole and arrange chicken on top. Cover and bake at 350°F until chicken is tender (about 1½ hours). 6 servings.

SUGGESTED ACCOMPANIMENT: apple, celery and raisin salad. DESSERT: oatmeal date squares, baked with the casserole.

EASY BEEF PIE

1 cup chopped onion	1 19-ounce can green beans, drained
2 tablespoons butter	1 12-ounce can whole kernel corn, drained
1 pound ground beef	1 10-ounce can condensed tomato soup
1 teaspoon salt	

Sauté onion in butter until transparent (about 5 minutes). Add meat and brown (5 to 8 minutes). Stir in remaining ingredients and reheat. Turn into 6-cup casserole.

Topping

1 cup sifted all-purpose flour	3 tablespoons shortening
2 teaspoons baking powder	1 egg beaten
½ teaspoon celery salt	¼ cup milk

Mix dry ingredients and cut in shortening until mixture resembles fine bread crumbs. Add egg and milk and mix quickly to form a soft dough. Turn out on lightly floured board and knead 30 seconds. Roll to ¾-inch thickness; cut out biscuits and place on top of casserole. Bake at 425°F until golden brown (20 to 25 minutes). 6 servings.

SUGGESTED ACCOMPANIMENT: chili sauce (page 11) or catsup. DESSERT: apple muffins.

SPEEDY CHICKEN CASSEROLE

1 10-ounce can condensed cream of chicken soup	2 7-ounce cans chicken
¼ cup liquid from canned vegetables	1 10-ounce can peas, drained
¼ teaspoon onion salt	1 10-ounce can whole kernel corn, drained
Dash pepper	1 cup crushed potato chips
	½ cup grated cheese

Combine all ingredients, except potato chips and cheese. Turn into greased 6-cup casserole and bake 20 minutes at 350°F. Sprinkle with combined potato chip crumbs and cheese and continue baking until cheese melts (about 15 minutes). 6 servings.

SUGGESTED ACCOMPANIMENTS: cranberry sauce and cucumber pickles.
DESSERT: peach upside-down cake, made from canned peaches and baked at 350°F.

SPICY BEEF CASSEROLE WITH CORNBREAD TOPPING

Meat Mixture

½ cup chopped onion	¼ teaspoon oregano
¾ cup diced green pepper	1 teaspoon chili powder
1 clove garlic, crushed	1 19-ounce can tomatoes
2 tablespoons fat	1 5½-ounce can tomato paste
1 pound minced beef	1 12-ounce can whole kernel corn
1 teaspoon salt	1 19-ounce can cut green beans
¼ teaspoon pepper	

Sauté onion, green pepper and garlic in fat until onion is transparent (about 5 minutes). Add meat and brown. Add seasonings, tomatoes and tomato paste; cover and simmer 1 hour. Add drained corn and beans. Pour into 10-cup casserole.

Topping

½ cup sifted all-purpose flour	¾ cup corn meal
1 teaspoon salt	⅔ cup sour milk
1 teaspoon baking powder	1 beaten egg
½ teaspoon baking soda	¼ cup butter, melted

Mix dry ingredients, add combined sour milk, egg and melted butter; stir only enough to combine. Spoon onto meat mixture and bake at 400°F until golden brown (about 30 minutes). 8 servings.

SUGGESTED ACCOMPANIMENT: a green salad. **DESSERT:** applesauce, and cookies baked along with the casserole.

SAUSAGE AND CORN CASSEROLE

1 pound pork sausages	¼ teaspoon pepper
½ cup chopped onion	2 12-ounce cans whole kernel corn
¼ cup diced green pepper	1 19-ounce can tomatoes
2 tablespoons flour	½ cup crushed cereal flakes
1 teaspoon salt	

Fry sausages slowly, until evenly browned (15 to 20 minutes). Remove from pan, add onion and green pepper and sauté about 5 minutes. Stir in flour and seasonings, then add corn and tomatoes. Simmer about 20 minutes to partly evaporate the liquid. Turn into a greased 6-cup casserole and arrange sausages on top. Sprinkle with cereal crumbs and bake at 350°F until lightly browned (20 to 30 minutes). 6 servings.

SUGGESTED ACCOMPANIMENT: cabbage and beet salad with sour cream dressing (page 10). **DESSERT:** brownies, with canned peaches.



SALADS

WINTER SALAD

1 19-ounce can green beans, drained	1/4 cup finely chopped onion
1 12-ounce can whole kernel corn, drained	2 tablespoons chopped celery leaves
2 cups finely shredded cabbage	1/3 cup French dressing
	1/4 cup mayonnaise

Combine vegetables with French dressing. Chill 2 hours, stirring once or twice. Just before serving, drain off French dressing, add mayonnaise and toss to coat vegetables. 6 servings.

CABBAGE AND BEET SALAD

3 cups finely shredded cabbage	<i>Sour Cream Dressing</i>
1 19-ounce can diced beets, drained	
1/4 cup finely chopped onion	1/3 cup sour cream
1/2 cup diced celery	2 teaspoons vinegar
1 teaspoon salt	1/8 teaspoon salt
1/8 teaspoon pepper	Dash pepper

Mix vegetables, salt and pepper; chill. Combine ingredients for dressing; just before serving, add to vegetables and toss to coat pieces. Serve on lettuce or green cabbage leaves. 6 servings.

JELLIED CHICKEN AND TOMATO SALAD

1 19-ounce can tomatoes	1 tablespoon finely chopped onion
1 3-ounce package strawberry jelly powder	2 tablespoons diced green pepper
1/2 teaspoon salt	1/2 cup diced celery
3 tablespoons vinegar	1 cup diced cooked chicken

Heat tomatoes to boiling; add jelly powder and stir until dissolved. Add salt and vinegar. Chill until slightly thickened, then fold in remaining ingredients. Turn into mold and chill until firm (about 3 hours). 6 servings.





RELISHES

QUICK TOMATO RELISH

1 28-ounce can tomatoes, drained and chopped	$\frac{1}{4}$ cup cider vinegar
1 cup finely diced green pepper	$\frac{1}{4}$ cup salad oil
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{4}$ cup brown sugar
$\frac{1}{2}$ cup finely diced celery	1½ teaspoons salt
	$\frac{1}{2}$ teaspoon dry mustard

Mix tomatoes and vegetables. Combine remaining ingredients in a jar, and shake well. Pour over vegetables and mix thoroughly. Chill for several hours to blend flavors. Store in refrigerator. Makes about 2½ cups.

CHILI SAUCE

$\frac{1}{2}$ cup finely minced onion	2 teaspoons salt
1 cup finely minced apple	1 teaspoon allspice
2 28-ounce cans tomatoes	1 teaspoon cinnamon
1½ cups diced celery	$\frac{1}{8}$ teaspoon cayenne pepper
1 cup vinegar	12 whole cloves (tied in
1 cup sugar	cheesecloth)

Combine all ingredients, bring to boil and cook until thick (about 1¼ hours), stirring frequently. Remove cloves. Pour sauce into sterilized jars and seal. Makes about 7 cups.

CORN RELISH

1 12-ounce can whole kernel corn, drained	2 tablespoons minced onion
$\frac{2}{3}$ cup chili sauce	2 tablespoons diced green pepper
	2 tablespoons butter

Combine all ingredients in a saucepan. Cover, bring to boil and simmer 5 minutes. Makes 2¼ cups.





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